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Water levels drop as flood stabilizes

Record-high levels. Saskatchewan improving while Manitoba braces for possible disaster as hundreds evacuated

Provincial emergency officials say eastern Saskatchewan's flood situation is stabilizing as record-high water levels on some lakes have begun to drop.

Patrick Boyle, with the Water Security Agency, said on Monday that the water is going down but will remain above normal for the rest of the summer.

The southeastern region of the province was especially hard-hit on Saturday night when cottages on Crooked Lake were battered by trees and waves whipped up by a fierce storm.

Waves more than a metre high washed some cabins completely away.

The province has announced it will open six flood recovery centres in areas hardest-hit by the recent deluge. Those communities include Carnduff, Moosomin, Grenfell, Esterhazy, Balcarres and Yorkton. The flood has been caused by torrential rain at the end of June onto land already saturated by the past wet spring.

Meanwhile, flood fears have eased in Manitoba's second-largest city as emergency officials turned their attention to smaller communities downstream.

The swollen Assiniboine River was dropping on Monday from its crest in Brandon as dikes and other protection measures held back the water.

The high water is headed east to areas around Portage la Prairie. "We're into a very critical 72 hours. We're mobilizing every resource we have available to deal with a huge surge of water that's coming," said Steve Ashton, Manitoba's emergency measures minister. Some 770 residents had been evacuated as of Monday, the vast majority as a precaution in case roads become impassable or a possible breach of a dike. The Assiniboine is expected to crest near Portage la Prairie by Wednesday at a level close to the combined capacity of the river and the Portage Diversion — a channel that drains water from the river to Lake Manitoba. THE CANADIAN PRESS WITH FILES FROM METRO

CALM, COOL AND READY TO PLAY

Brazil's Thiago Silva looks on during a news conference on Monday, the day before the World Cup semifinal soccer match between Brazil and Germany, at the Mineirao Stadium in Belo Horizonte, Brazil. Story, page 13. ANDRE PENNER/THE ASSOCIATED PRESS

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NEWS 1

Three-year-old boy killed while riding bike in Saskatoon

Kreestyn Bear.
Police calling death a tragic accident

MORGAN MODJESKI
Metro in Saskatoon

A young mother is in mourning after her three-year-old son was struck in traffic and killed while riding a bicycle on Sunday night in Saskatoon's Dundonald area.

Breanna Shier, 28, who moved to Saskatoon from Yorkton about four months ago, fought back tears on Monday as she described her son, Kreestyn Bear, as "full of energy" and "full of smiles."

"It didn't matter where we'd go or who we met, everybody just loved him so much and they didn't even know him," Shier said at her home on Carrothers Court, where the collision had occurred about 7 p.m.

"His first impression on anybody was that he just stole everybody's heart the first time he ever met anybody," she said, noting he was playing outside their house before the crash.

Shier said she performed CPR on Kreestyn before police and MD Ambulance arrived. Paramedics pronounced him dead at the scene.

City police said Kreestyn entered the roadway on the bike equipped with training wheels and was hit by a trailer, which was pulled by a westbound vehicle.

Police spokeswoman Kelsie Fraser said no charges had been laid while an investigation continued.

Gerry Schriemer, chief operating officer with MD Ambulance, said paramedics who responded will be offered counselling as a result of the incident.

"Our paramedics are dealing with critical situations daily and are always involved with patients that pass on, every day, every shift," Schriemer said.

"Children always make it harder, because you're not supposed to outlive your children. So it's just a very tough time for the family, and we hope they can get through this."

Kreestyn Bear was killed on Sunday evening when he was hit by a trailer while riding a bicycle at the entrance to Saskatoon's Carrothers Court, inset, where police tape is seen on the ground on Monday. COURTESY BREANNA SHIER; INSET: MORGAN MODJESKI/METRO

Cyclist trekking to improve mental health programs for veterans

War veteran Martin Spriggs, right, is welcomed by Mayor Michael Fougere. SARAH TAGUIAM/METRO

A war veteran stopped in Regina on Monday during a cross-country bicycle ride aimed at encouraging Canadians to donate to suicide prevention programs for military personnel with mental illnesses.

Cycling on behalf of the Your Life Counts charity, Martin Spriggs was welcomed by Mayor Michael Fougere at city hall. Spriggs, who served in the Canadian Forces for 15 years as an infantry sergeant, began his trek on June 3 in Victoria.

"This ride's not about me," said Spriggs, 50. "It's about all the people out there who are suffering from mental health issues and require help."

According to Fougere, there's an effort between the federal government, provinces and municipalities to address the issue. The mayor added, though, that "we need to do a lot more for veterans, in particular, who have gone through a very traumatic circumstance in war."

Last year, two of Spriggs' friends from the military committed suicide while suffering from post-traumatic stress disorder.

"If we can link these guys and girls to these resources ... then we have a greater chance of preventing suicide," he said.

Spriggs hopes to finish his trip in September in St. John's, N.L.

His arrival in Regina has come less than a week after Canadian Olympic cycling and speedskating medallist Clara Hughes completed a similar cross-Canada bicycle ride to push for more public discussion of mental health issues.

SARAH TAGUIAM/METRO

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Three bridges blown up as Ukraine troops corner rebels

Donetsk. Both sides point fingers as roads to city held by pro-Russian insurgents destroyed

After Ukrainian forces' seizure of a key rebel stronghold in the east, the major cities of Donetsk and Luhansk could be the next focus of major fighting. Three bridges on roads leading to Donetsk were blown up Monday — possibly to hinder military movements, though the rebels claim it was the work of pro-Kyiv saboteurs.

As nerves fray over the prospect of fighting in the sprawling cities, Russia urges Europe to put pressure on the government to end the fighting, but takes no overt action. Rebels in Ukraine and nationalists at home have called for the Kremlin to send in troops to protect the pro-Russia insurgents, but President Vladimir Putin, wary of more sanctions being imposed by the West, has resisted.

Separatist fighters driven out of the city of Slovyansk and other eastern towns by the Ukrainian army over the weekend are regrouping in Donetsk, a major industrial city of one million where pro-Russia rebels have declared independence as the Donetsk People's Republic. Pavel Gubarev, the region's self-described governor, had promised "real partisan war around the whole perimeter of Donetsk" before thousands of supporters at a rally Sunday.

Ukrainian authorities, meanwhile, say their strategy is to blockade Donetsk and the rebel-held city of Luhansk, the two largest cities in the separatist east, in order to cut off rebel supply lines. Civilians would be allowed to leave and seek aid elsewhere, national security council spokesman Andrei Lysenko said Monday, according to the ITAR-TASS news agency.

Battles between Ukrainian forces and the separatists have left more than 400 people dead and thousands homeless since the uprising began in April. Ukraine's government ended a shaky, unilateral 10-day ceasefire last week, and has since stepped up its fight against the rebels.

It was not clear who blew up the highway and rail bridges Monday. Their destruction would most benefit the rebels by blocking avenues for military advances, but the rebel Donetsk People's Republic issued a statement blaming two of the blasts on Ukrainians aiming to interfere with rebel supply lines.

In the village of Novobakhmutivka, where a rail line crosses over a highway out of Donetsk, an 11-wagon cargo train was perched perilously Monday on the collapsed bridge. The road leads toward Slovyansk, a former insurgent stronghold that was recaptured Saturday by Ukrainian troops. THE ASSOCIATED PRESS

A woman looks out from her damaged house in the city of Slovyansk, eastern Ukraine, on Monday. Ukraine's president, Petro Poroshenko, has called the capture of the pro-Russian separatist stronghold of Slovyansk over the weekend a "turning point" in the fight for control of the country's east. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Violent uprising

400

More than 400 people have been killed in battles between Ukrainian forces and pro-Russia insurgents.

Croc found in Greece was likely a pet: Official

Greece has its own lake monster — and it's no Nessie.

The Fire Brigade and authorities on the resort island of Crete say a six-foot crocodile was spotted last week in a man-made lake near the seaside town of Rethymno.

Crocodiles are not native to Greece.

Regional official Vangelis Mamangakis said Monday it was unclear how long it has been there. He told private Antenna TV that parts of the lake have been fenced off and efforts will be made Thursday to remove it. He said the crocodile was probably a pet that grew too big for its owner, who "thought it would be a good idea to dump it in the lake."

Residents are blaming the crocodile for missing lambs and ducks, and souvenir shops are now selling inflatable crocodiles.

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More than 60 escape Boko Haram's grip

Nigeria. Girls and women kidnapped two weeks ago now free, but 200 taken in April still unaccounted for

More than 60 Nigerian girls and women abducted two weeks ago by Islamic extremists have managed to escape, officials said Monday, though more than 200 girls kidnapped in April still remain missing.

Nigerian security forces and federal officials have denied reports of a mass abduction June 22 from three villages in the northeastern state of Borno. But Chibok government chairman Pogu Bitrus said Monday he had verified that about 60 women and girls escaped last week by sending a representative to meet with some of the escapees and their families at a hospital in Lassa.

Civil patrol leader Abbas Gava in Maiduguri, capital of Borno state, said he was told 63 women and girls escaped Friday while their captors were engaged in a major attack on a military barracks and police headquarters in the town of Damboa.

The Associated Press had originally quoted witnesses and a local official saying that 90 people including about 30 boys had been kidnapped from the three villages on June 22. But Bitrus said those who escaped said no males were abducted with them.

Boko Haram extremists have been waging an insurgency for five years in northern Nigeria, demanding the establishment of an Islamic state.

More than 2,000 people have died so far this year in the Islamic uprising, compared to an estimated 3,600 total deaths in the previous four years.

The group drew international condemnation for the April 15 abductions of more than 300 schoolgirls from a school in Chibok in the northern state of Borno. Some 219 of those girls are still missing.

The government and military failure to rescue them has attracted sharp criticism worldwide.

Boko Haram is demanding the release of detained fighters in exchange for the Chibok girls but Nigerian President Goodluck Jonathan reportedly has refused to consider a prisoner swap.

THE ASSOCIATED PRESS

In case of bulls running amok, curl up and take cover

Revellers fall as Torrestrella fighting bulls trot in the running of the bulls of the San Fermin festival, in Pamplona, Spain, Monday. Fifteen people have died from gorings since 1924. The bulls are invariably killed by matadors in evening bull fights, their meat served up in local restaurants. Animal rights activists protested the annual event over the weekend. Scan the photo with your Metro News App to see more photos from the run. ANDRES KUDACKI/THE ASSOCIATED PRESS

Vietnam

Military chopper crash kills 16

A Vietnamese military helicopter on a parachute training mission crashed close to the Vietnamese capital on Monday, killing 16 people on board and critically injuring five others, officials and state-controlled media said.

The Russian-made MI-171 helicopter came down about 15 minutes after takeoff in a small village about 40 kilometres west of Hanoi.

Lt.-Gen. Vo Van Tuan, Vietnam military deputy chief of staff, was quoted as saying technical problems were suspected. He said the pilot steered the chopper away from a residential area, preventing other deaths. THE ASSOCIATED PRESS

Chemical weapons

Syria's stockpile needs double-checking: UN

The head of the international effort to rid Syria of its chemical weapons says the next step in the process is investigating possible discrepancies in Syria's declaration of its stockpile.

Sigrid Kaag briefed the UN Security Council Monday, just days after the last of hundreds of tons of Syrian chemical weapons were loaded onto a U.S. cargo ship for destruction.

Diplomats said Kaag told them that technical experts were talking to Syria about discrepancies between the weapons the country declared and what evidence on the ground has shown.

THE ASSOCIATED PRESS

Bill C-36. Hearings begin on prostitution law draft

In a rare summer sitting, the House of Commons justice committee is examining Bill C-36, the federal government's proposed new prostitution law. Here is a primer on the proposed law:

Why a new law? Last December, in a case known as Bedford, the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms. The court gave the government a year to bring in new legislation.

Choices: In some countries, such as New Zealand, prostitution is legal and regulated under labour and public health laws. The so-called Nordic model, followed in Norway, Sweden and Iceland, makes buying sex illegal, while selling it is not.

Old law: Selling sex was legal, but living in a bawdy house or brothel was illegal, as was living off the profits of another's prostitution and soliciting sex in public.

New law: Selling sex remains legal, but buying it becomes a criminal offence. It will also be illegal for anyone to communicate for the purpose of prostitution and prohibits advertising the sexual services of others.

Pros: The government says the bill will protect vulnerable women and keep communities safe by allowing prostitutes to rent apartments, screen clients, hire a receptionist or security guard, and advertise their own services.

Cons: Sex workers say that because buying sex remains a criminal offence, the new law will drive prostitutes back into dark alleys and industrial zones, leaving them at risk.

THE CANADIAN PRESS

Israel. Suspects in deadly abduction confess: Official

Three Israeli suspects in the killing of a Palestinian teenager who was abducted and burned to death last week confessed to the crime on Monday and were re-enacting the incident for authorities, an official said, as the country's leaders raced to contain a public uproar over the slaying.

The authorities reported the confessions as violence continued on Israel's volatile front with the Gaza Strip. Palestinian militants bombarded Israel with some 40 rockets and mortars, drawing Israeli airstrikes in retaliation, and at least eight Palestinian militants were killed.

The region has been on edge for weeks since three Israeli teenagers were kidnapped and killed in the West Bank. Last week, hours after the Israeli teens were buried, 16-year-old Mohammed Abu Khdeir was abducted from outside his home in east Jerusalem, and his charred remains were found shortly afterward in a Jerusalem forest. THE ASSOCIATED PRESS

Militants at a funeral of two Fatah militants killed by an Israeli airstrike in Bureij refugee camp, central Gaza Strip, Monday. KHALIL HAMRA/THE ASSOCIATED PRESS

Houses collapse in Philly, families displaced

Two collapsed row houses are sectioned off for safety Monday in Philadelphia. Both homes were reported to be occupied when they collapsed in on each other, and while several families have been displaced, authorities said no one was injured. Several neighbouring homes were also damaged. An investigation into the cause of the collapse is underway. MATT ROURKE/THE ASSOCIATED PRESS

Earthquake along Pacific Coast rattles southern Mexico, Central America

6.9 magnitude. Officials have confirmed three earthquake-related deaths in Guatemala and Mexico

A magnitude-6.9 earthquake along the Pacific Coast jolted a wide area of southern Mexico and Central America Monday, with at least three fatalities and damage to homes, hospitals and churches.

The U.S. Geological Survey said the quake hit at 6:23 a.m. on the Pacific Coast, two kilometres north-northeast of Puerto Madero, near the Guatemala border. It initially calculated the magnitude at 7.1, but later lowered the figure to 6.9.

Guatemalan President Otto Pérez Molina said in a news conference that the only officially confirmed death in his country so far was of a newborn hit by a piece of false ceiling in a San Marcos hospital.

Meanwhile in Mexico, civil protection officials raised the toll to two dead in the state of Chiapas, and said at least a dozen others were injured by falling tiles and debris.

Guatemala's national spokesman for local fire departments, Raul Hernandez, reported at least two other instances that had yet to be confirmed, of people dying in their homes from collapsed walls in the Guatemalan town of Pati, in the border province of San Marcos.

A third person, a woman in Quetzaltenango, died from a heart attack, but it wasn't immediately clear if the heart attack was earthquake-related.

Pérez said the quake was felt in 12 of Guatemala's 22 states. There were reports of power outages and rock slides on some roadways in Guatemala.

Photos posted on social media sites and published by the Guatemalan newspaper Prensa Libre showed buildings with huge cracks across their facades in San Marcos, and one that apparently suffered a partial collapse.

The quake was felt across a broad swath of southern Mexico and as far away as Mexico City, but officials had no immediate reports of damage.

THE ASSOCIATED PRESS

Chiapas

- In the Mexican state of Chiapas, panicked people poured into the streets and the Red Cross said it was treating some frightened adults and children.

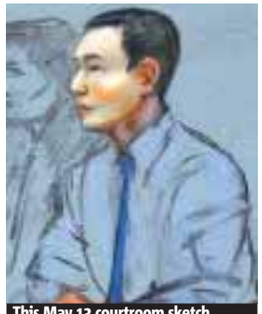
Azamat Tazhayakov. Trial starts for friend of suspect in Boston bombings

Boston Marathon bombing suspect Dzhokhar Tsarnaev sent a text to a friend 90 minutes after the deadly explosions and said, "Don't go thinking it's me," a federal prosecutor told jurors Monday during opening statements at the friend's obstruction trial.

Assistant U.S. Attorney Stephanie Siegmann also revealed that a month before the bombings, Tsarnaev told the friend, Azamat Tazhayakov, and another pal that "it was good to die" a martyr.

Tazhayakov has pleaded not guilty to obstruction of justice and conspiracy charges. He and his roommate, Dias Kadyrbayev, went to Tsarnaev's University of Massachusetts-Dartmouth dorm room several days after the bombing and removed a backpack, fireworks that had been emptied of their black powder and a laptop computer, prosecutors say.

Tazhayakov's defence lawyer, Nicholas Wooldridge, told jurors that his client isn't a terrorist and never intended to help Tsarnaev. Wooldridge told the jury that Tazhayakov "never even touched that bag" and never agreed to throw it away. He said Kadyrbayev took the backpack and threw it away.



This May 13 courtroom sketch depicts Azamat Tazhayakov.
JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

Tsarnaev is accused of working with his now-dead brother to place two bombs near the finish line of the 2013 marathon, killing three people and injuring more than 260. His trial is scheduled for November.

Kadyrbayev faces his own trial in September. Investigators said Tazhayakov agreed with the plan to get rid of the backpack but that Kadyrbayev threw it away. A third college friend, Robel Phillipos, is accused of lying to authorities.

THE ASSOCIATED PRESS

Honduras

Authorities make last-ditch effort to rescue miners

Authorities are making a last-ditch effort to rescue eight men trapped in a small gold mine in Honduras.

Geologist Anibal Godoy is heading the rescue and recovery operation at the San Juan Arriba mine in a municipality known as El Corpus. Eleven workers who were in the mine were able to flee immediately, and three others were rescued Friday.

THE ASSOCIATED PRESS

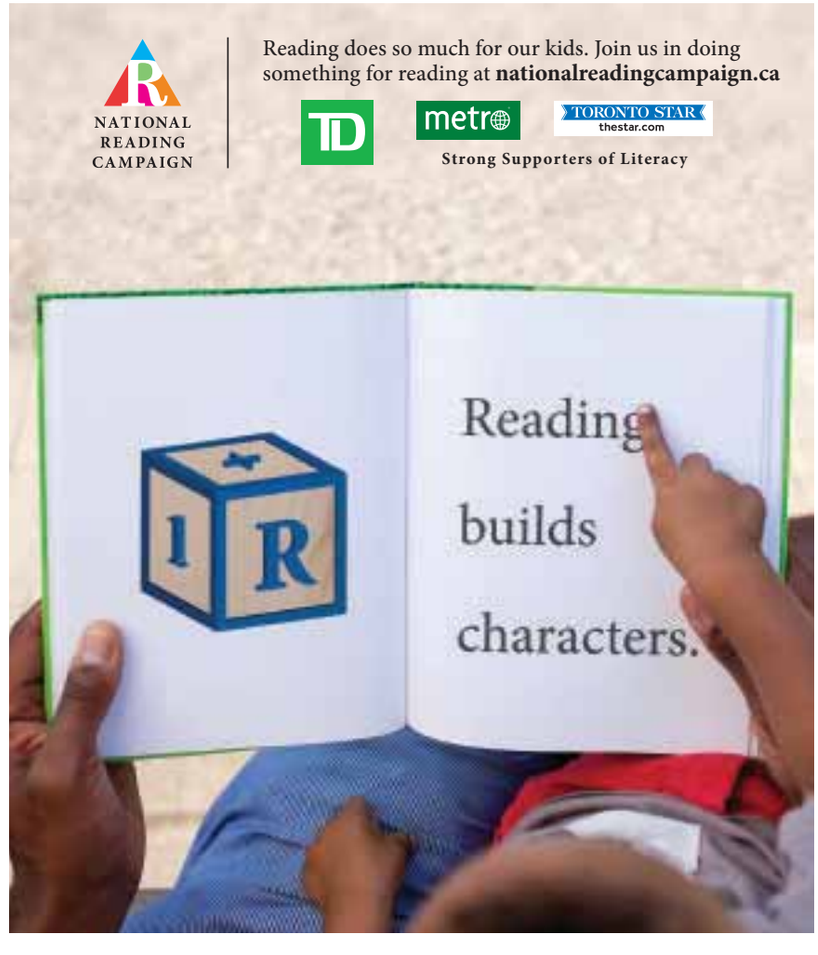
Pope Francis

Pontiff meets sex-abuse victims

Pope Francis begged forgiveness Monday in his first meeting with Catholics sexually abused by members of the clergy and went further than any of his predecessors by vowing to hold bishops accountable for their handling of pedophile priests.

The pope held a private mass with six victims, and spent the morning listening to their accounts.

THE ASSOCIATED PRESS



The big three. Ottawa aims to open up wireless market with spectrum sale

The federal government offered a new source of hope for Canada's small wireless companies on Monday, giving them a shot at high-quality wireless spectrum earlier than expected and limiting how much can be purchased by the largest players.

Industry Minister James Moore said Monday that the government will hold an auction of high-quality AWS-3 spectrum early next year and set aside about 60 per cent of the available capacity for the companies that have emerged since 2008.

The government has sought to increase competition in the wireless sector that is dominated by Rogers, Telus and BCE's Bell.

However, so far, none of the smaller rivals to the big three has amassed even a million subscribers — compared with between about 7.8 million and 9.4 million at each of the big three. THE CANADIAN PRESS

Industry Minister James Moore
THE CANADIAN PRESS

Virgin Galactic. Tourists set to finally blast off into space for $200,000 a pop?

Virgin Galactic appears to be getting closer to reaching its long-delayed goal of launching tourists into space.

The company said Monday it has selected Hotel Encanto de Las Cruces as the preferred hotel for its elite roster of passengers, who will pay $200,000 US a person to make the flights from Spaceport America.

Virgin Galactic also announced a contract with World Class Gourmet of Las Cruces to provide catering for travellers during their training at Spaceport and said it is relocating more of its staff to New Mexico and will be hiring locally in the next few months.

The company is the anchor tenant in the $209-million futuristic Spaceport America that the state built for Virgin Galactic founder Richard Branson to launch his flights from. But the project and Virgin have been plagued by delays.

The partnership with the hotel, however, addresses concerns about where celebrities and others who can afford the pricey flights will stay while they go through pre-space flight training.

Early on in Spaceport's development, there was talk of building an ultra-luxury hotel in the area. And about four years ago, when Branson announced he was creating a Virgin hotel brand, he told a hotel conference one of the first ones might be built near Spaceport. But that never came to fruition. THE ASSOCIATED PRESS

Rewriting history?

2010

Originally, Branson had said he hoped to launch the flights by the end of 2010. The company is now hoping to begin operations by the end of this year, although its public relations agency said in a statement that the schedule "will ultimately be dictated by safety and readiness — as has always been the case."

Market Minute

DOLLAR 93.66¢ (-0.18¢)

TSX 15,172.93 (-42.03)

OIL $103.53 US (-$0.53)

GOLD $1,317 US (-$3.60)

Natural gas: $4.23 US (-$0.11)
Dow Jones: 17,024.21 (-44.05)

Earlier this month Stevie Askew, a worker at Sea of Green Farms, packs recreational marijuana into blunts that will be sold in stores when legal recreational pot sales begin Tuesday in Washington state. TED S. WARREN/THE ASSOCIATED PRESS

Shops 'stoked' to start selling pot

Rolling in the green?
Washington state issues its first recreational marijuana shop licences to 24 stores

Sparks excitement

"No one thought legalization could happen in our lifetime. I think this is going to be a little overwhelming for me."

Alison Holcomb, the Seattle lawyer who drafted Washington state's law legalizing recreational marijuana

Washington state issued its first retail marijuana licences Monday with a middle-of-the-night email alerting bleary-eyed pot-shop proprietors that they'll finally be able to open for business.

"We're pretty stoked," said John Evich, an investor in Bellingham's Top Shelf Cannabis, in an early morning interview with The Associated Press. "We haven't had any sleep in a long time, but we're excited for the next step."

Randy Simmons, the state Liquor Control Board's project manager for legal marijuana, said Sunday night that the first two dozen stores were being notified so early to give them an extra few hours to get cannabis on their shelves before they are allowed to open their doors at 8 a.m. Tuesday. The store openings are expected to be accompanied by high prices, shortages and celebration.

The state licensed 14 stores in western Washington and 10 in eastern Washington.

Spokane has three stores. Vancouver (not the Canadian one), Tacoma and Bellingham each have two. Seattle and the other cities on the list have one each.

The issuance of the retail licences marked a major step that's been 20 months in the making. Washington and Colorado stunned much of the world by voting in November 2012 to legalize marijuana for adults over 21, and to create state-licensed systems for growing, selling and taxing the pot.

Sales began in Colorado on Jan. 1. THE ASSOCIATED PRESS

Harsh, man: Marijuana may cost $25 a gram

Washington state's first recreational marijuana stores open for business this week, more than a year and a half after voters decided to legalize, tax and regulate pot. Some questions and answers about the industry:

Will it be expensive?
Yes. Although some stores say they plan to sell some of their supply for as little as $10 or $12 US a gram — comparable to what it sells for at the state's unregulated medical dispensaries — others expect it to go for $25 or more. The issue is mainly supply. Relatively few growers have harvested — the pot being offered for sale in the coming days was grown by only about a dozen producers statewide. According to the two labs certified to check the pot for mould and other impurities, the samples they had tested by last Thursday represent a maximum initial statewide harvest of about 440 pounds.

How much can adults buy?
State law allows the sale of up to an ounce of dried marijuana, 16 ounces of pot-infused solids, 72 ounces of pot-infused liquids or seven grams of concentrated marijuana, like hashish, to adults over 21, whether you're a Washington resident or not.

Where does the tax money go, and who's paying for programs to prevent problems?
The measure voters passed in 2012 directs 40 per cent of the new revenues to the state general fund and local budgets, with the rest dedicated to substance-abuse prevention, research, education and health care. But tax revenue hasn't come in yet. THE ASSOCIATED PRESS

HOME IS WHERE THE HARD IS

SHE SAYS

Jessica Napier
metronews.ca

I've watched enough television programs in my life to know that when it comes to renovating your home, anything that can go wrong, will go wrong. Still, like every naïve homeowner who decides to embark on a home improvement project, I didn't think it would ever happen to me.

Everyone knows that renovations take twice as long and cost twice as much as you ever plan for. We've all heard second-hand tales of dishonest contractors and unexpected extra costs that add up.

And yet, spending on home renovations in this country has doubled in the past 15 years. According to a new report by real estate consulting company Altus Group, Canadians spent a record $63.4 billion on repair and remodelling projects in 2013 alone. Industry experts attribute this surge in spending to popular reality TV shows that have us all yearning for flashy finished basements, open-concept kitchens and designer en-suite bathrooms.

Like the rest of Canadians under the influence of this so-called HGTV effect, I too am keen to add value to my own small piece of property.

My boyfriend and I decided that this year's upgrade project would be to install central air conditioning in our townhouse.

I never would have imagined that something that seemed like such a simple undertaking would result in a series of disasters that would leave us without hot water, without a working toilet and without the will to go on.

Roofers, plumbers and electricians — all of them inexplicably named Mike — have paraded through our home to evaluate and overcomplicate the various steps involved in the project.

We've grappled with water damage to our ceiling, a carbon monoxide leak and the threat of mould.

Thousands of dollars, hours of effort and countless tears later, we are still without air conditioning. It would be funny if it wasn't such a terribly long and expensive headache.

There's nothing like a home renovation nightmare to test your relationship and your own emotional resolve.

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day. I'm not even concerned about keeping the project on budget anymore as I'm much more worried about keeping my sanity.

I know that one day this whole ordeal will just be a humorous anecdote I share at dinner parties, but for now I'm confused, frustrated and very hot.

I guess the only thing to do is to keep calm and carry on with plenty of patience and a powerful oscillating fan.

Tough reno

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day.

HEAVY RAINS IN MUMBAI

A boy stands beneath water pouring from a roof during monsoon rains in Mumbai, India, Monday. The monsoon rains usually hit India from June to September but this year's rains got off to a slow start. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Surviving monsoon season

Everything gets soaked when the monsoon arrives in Mumbai and every year the poor neighbourhoods are the worst hit.

Many of the city's sprawling slums are built at sea level, hugging the shores of brackish rivers or the Arabian Sea. Brown water, and sometimes the garbage and dead rats it carries, pours into the shanty homes, making it almost impossible to stay dry.

In Ganesh Murti Nagar, a typical slum in south Mumbai, residents shared their tips on how they get through the monsoon season:

1. Live the high life. Residents build their beds and shelves high above the ground, so they can sleep and store their belongings above rising waters.

2. Don't cook. The classic Mumbai street snack, Vada pav — a spicy potato-patty on a bun — becomes a staple because cooking and storing food become so difficult with all the water.

3. Stay home. If you don't have to be at work — and even when you do — often the best option is to just wait in bed for the filthy tide of water to recede.

4. Put plastic on everything. Even the best-built slum homes can leak, so people tend to try to waterproof everything.

5. Keep the power off. To prevent getting shocked, people prefer to keep the power off when it's raining. To move around at night, they use flashlights and the light from their cellphones. BLOGS.WSJ.COM

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 4 in News, page 8 in Scene and page 14 in Sports

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metro AR

MetroTube

The leak that wasn't

ANDREW FIFIELD
andrew.fifield@metronews.ca

All in all, we seem to be handling the approaching Star Wars sequels with remarkable grace and calm, though it's hard to say whether that's because the 2015 release date seems like a galaxy far, far away or if we're still too wounded by the prequels to love again.

Either way, we can look forward to a steadily increasing supply of fan service — either made by fans or cleverly made to fool us into thinking it was. You can see what seems to be the former here as Imperial military forces enjoy a little downtime at a Frankfurt airport, created and cruelly titled by Frank Wunderlich. (Frank Wunderlich/YouTube)

SCREENGRAB

metro

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DVD review

Bad Words

Director. Jason Bateman

Stars. Jason Bateman, Kathryn Hahn

How do you spell nasty? It's B-A-D W-O-R-D-S. This stinging comedy about a hateful adult crashing a kids' spelling bee is the feature directing debut of actor Jason Bateman, who also stars. Bateman's Guy Trilby is the most sexist, racist, homophobic, profane and unscrupulous spelling bee participant you could possibly imagine. Trilby is also 40 years old, which makes him a serious anomaly amongst the grade school kids he's competing against. By exploiting a loophole, he's out to win the National Quilt Spelling Bee, much to the consternation of the administrator (Allison Janney) and an elder statesman (Philip Baker Hall). Almost unrelenting in its takedown both of an American institution and the country's obsession with victories big and small, Bad Words is more misanthropic fantasy than satiric fiction.

PETER HOWELL

Nymphomaniac Vol. 1 & 2

Director. Lars von Trier

Stars. Shia LaBeouf

Danish provocateur Lars von Trier sells Nymphomaniac as a randy celebrity romp: Charlotte Gainsbourg, Shia LaBeouf, Stellan Skarsgård, Uma Thurman and others getting up to very naughty things. This reductive approach really doesn't do justice to a complicated work — spanning two volumes, four hours and eight chapters — that asks serious questions about how women are viewed and treated in a male-dominated world. It makes you wonder how much von Trier understands his own film.

PETER HOWELL

Ethan Hawke reflects on percolating project

Boyhood. Actor spent a dozen years working with director Richard Linklater to create latest film

Boyhood opens in select theatres this summer. CONTRIBUTED

NED EHRBAR
Metro World News in Hollywood

Ethan Hawke has been waiting a long, long time to talk about his new film, Boyhood. Directed by regular collaborator Richard Linklater, the film was made a month at a time over the course of 12 years to chronicle the development of a boy (Ellar Coltrane) from ages five to 18 and his parents (Hawke and Patricia Arquette).

When was it OK to start talking openly about this project?
You know, it's strange because the way the Internet has exploded through the course of making the movie, that became a kind of dialogue. Last year when Rick and I were doing the release of Before Midnight, people really started asking us a lot about it for the first time. And for a long time, even if it would be on IMDb or something, it didn't really make people's radar. It was hard for people to even understand what we were up to, and we certainly didn't want to talk too much about it before it was real. The truth is we really tried not to talk about it, but sometimes it was impossible. I would get too excited and I have a blabbermouth anyway.

Keeping a level of filmmaking consistency over 12 years seems rather daunting.
It's an overused word, but Rick really had a vision. Most movies are sprints and just require an immediate kind of discipline, but this movie required real patience. Rarely in film do you have that kind of gestation process. Rick was kind of born a fully developed filmmaker. I mean, Dazed and Confused was his second film and it's an incredibly well-made film. He hasn't changed much, so I don't think it was hard for him to maintain a continuity of style and approach over 12 years. It's just who he is.

At this point, how much of your life has been spent being directed by Richard Linklater?
It's funny, you know, I've made eight films with Rick, so I've spent a large chunk of my life on film sets with him. And if you add up all the promotion and all the rehearsal, it starts to be a huge chunk of my life. And I just can't think of any better way to spend it. I don't know how to say these things so they don't come out the wrong way, but Linklater has a specific kind of ethos to his films that I'm really happy to be a part of. So many movies, even if they're really entertaining and exciting and thrilling and everything, they leave you kind of feeling badly about your own life — like why you're not a superhero or why you don't ever get to meet blue aliens. Even being on the Titanic seems exciting! And our lives seem so full of so much minutiae and seem so much less than your average CIA narrative. But Rick seems to be satisfied with life as it is, and he doesn't feel the need to hyperbolize life.

It's odd that we don't see a lot of weekend dads in movies, despite how normal it is.
Yeah, it's funny how common the situation is and how rarely we see it reflected in stories, you know? We see very dramatic portraits of terrible parents or stereotypical good parents, but you don't really see them both at the same time very often — you know, parents struggling to be good parents and failing sometimes and succeeding other times, much like our own parents and much like ourselves. I don't know, it feels like a privilege.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the trailer for Boyhood, and just try not being moved.

metro AR → See the full instructions on Metro's Voices page.

Gone Girl. Just released movie posters offer some 'clues' to new Affleck flick

The posters are out for David Fincher's forthcoming thriller, Gone Girl, which stars Ben Affleck as a husband whose wife has gone missing. Each one shows an object apparently linked to Amy's disappearance.

The four posters show four items enclosed in police evidence bags: a box cutter, a bra, a burned note and a photo. All of these clues, which are pictured under the ironic tagline "Happy Anniversary," should help the police to track down Amy.

Nick (Ben Affleck) and his wife, Amy (Rosamund Pike), appear to be a perfect couple. After Nick loses his job in New York, the family leaves the city to settle in the small Missouri town where Nick grew up. On the day of their fifth wedding anniversary, he finds his house in disarray and his wife missing. The film opens Oct. 3. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Joan Rivers can dish it, but she can't take it

LISA WEIDENFELD
Metro World News in New York City

Joan Rivers had quite the weekend. After footage surfaced of her calling President Barack Obama gay and the first lady a "tranny," she then went on CNN to talk to Fredricka Whitfield about her new book.

Whitfield pushed her a little bit about her meanness, and then Rivers got tired of the interview, told Whitfield she shouldn't be interviewing comedians and departed. There's even a literal mic drop, as she starts to pull it off when she decides to go.

Whitfield, who in the moment seems to think it's all in good fun, clarifies that it was not actually a prank at the end of the video. Rivers really did get mad that Whitfield asked her about her decision to wear a fur coat. It's possible that it wasn't specifically Whitfield who pushed Rivers over the edge — she's been getting flak for years about whether she's too mean, and Whitfield may simply have been the last straw.

One might be tempted to point out that it was a bit on the nose to say that famous people should be able to handle a little criticism before getting offended by "negative" interview questions and walking out, but we wouldn't want to be accused of being the wrong journalist to comment on a comedian.

Solange ALL PHOTOS GETTY IMAGES

Solange comes clean about Knowles family drama ... sort of

It's been the most anyone had talked about Solange, well, ever, and that's unfortunate because she has a killer voice and amazing style. But the blogosphere just can't resist some Knowles family drama.

Now, Solange is (sort of) coming clean about the whole fight between herself and Jay Z that happened at the Met Gala in May. "What's important is that my family and I are all good," she tells Lucky magazine, adding that she hopes she never has to talk about this whole thing ever again. "What we had to say collectively was in the statement that we put out, and we all feel at peace with that," she says.

Miley mourns dog with tattoo

Since Miley Cyrus is still mourning the loss of one of her dogs, Floyd, she apparently decided to honour him in a very permanent way.

The Wrecking Ball singer posted photos on Instagram of herself and two friends sporting matching tattoos of a crudely drawn portrait of Floyd along with the words "with a little help from my fwends" on their torsos.

The tattoos appear to be real, unfortunately, and it looks like they were applied during a house party at Cyrus' house.

She was even good enough to include a shot of her getting inked. And, as is her wont, she made sure to stick her tongue out in each of the nearly topless photos.

Zac Efron

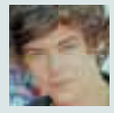
Zac's new relationship is fast and furious

It's safe to say no one saw this coming. Zac Efron has been spotted locking lips with … Michelle Rodriguez?

The odd couple has sparked dating rumours during their trip to Sardinia with wealthy Italian pal Gianluca Vacchi, who took Efron, Rodriguez and friends out on a leisurely daylong yacht excursion. It was there that the scantily clad stars were spotted getting frisky with each other and locking lips — which is odd, because we thought Rodriguez liked girls and Efron was more into drugs, but whatever.

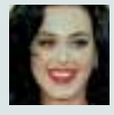
For one thing, the makeout session would suggest Rodriguez is no longer seeing girlfriend Cara Delevingne. We could make a Fast and Furious joke here, but honestly we're a little too caught off guard.

Twitter



@Harry_Styles
Sooooo... The weather?

@samantharonson
At some point in my life I made a mistake and am now someone who doesn't know anyone who owns a boat of any kind.



@katyperry
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One sign you need a holiday? When you sprout another set of arms. EEK! THINKSTOCK

The vacation fairy is calling

Do you have flaky skin, a belly and difficulty concentrating? It's not all down to junk food. Stress experts tell Metro when it's time to take a break, before your stress breaks you.

ROMINA MCGUINNESS
Metro World News

Your mind feels like mush

According to research by Harvard Medical School, the stress response kicks off in the brain: the eyes or ears (or both) send information to the amygdala, the area responsible for emotional processing, which then sends a distress signal to the hypothalamus, the brain's command centre, which then communicates with the rest of the body via the nervous system. Blood is re-routed to the vital organs, and away from the brain.

"You're not really thinking in this moment — you're in reaction mode. It's not like you don't need to analyze a spreadsheet, you've just got to get the heck out," says stress coach Dr. Cynthia Ackrill. "But if you're constantly stressed and keep starving your brain of oxygen and blood, you're no longer going to have access to your full mental capacity."

You have dry, yellow-y skin

"The moment your body senses danger, a process known as vasoconstriction — the narrowing of blood vessels — occurs: arteries and veins constrict in order to stop you from bleeding to death, in case you get wounded," says oxidative stress expert Dr. Simone Laubscher.

But you don't need nice skin in order to survive, right?

Precisely why it's the last area of your body that's going to get any blood: "The skin is not just a cover or shell, it's a living and breathing organ. And if it's not getting the right amount of oxygen or nutrients, it's going to look pale and sallow," Laubscher adds.

You feel fat — and tired

According to Dr. Kathleen Hall, founder and CEO of The Stress Institute and Mindful Living Network, if your cortisol levels are out of whack, your whole system is going to spiral out of control: "Cortisol is a very strong stress hormone. It has the power to make your system race, or slow down. Take your metabolism: When you're under acute stress, your body needs more energy, so your expenditure is going to go right up. But as this stress develops into a chronic condition and your body becomes increasingly fatigued, the cortisol is going to start to slow everything right back down. Because if it doesn't do this, you're not going to cope — you might not have the energy to survive."

You're not breathing properly

"Stress causes your breathing to become rapid and shallow. You're getting oxygen in, but not releasing enough carbon dioxide (Co2). This build up of Co2 is toxic, and can lead to acidosis, a condition in which there is too much acid in the body fluids," explains Laubscher.

The obvious solution? Exhale, says Ackrill.

"When you're stressed, your breath automatically shortens and speeds up, your heart rate increases, etc. But this reaction can be reversed. By slowing down the breath and making your exhale longer than your inhale, you're sending signals to the brain telling it to calm down. This then triggers the release of different chemicals, which are both renewing and reparative."

Your digestive system is super slow

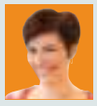
"Digestion is controlled by the central nervous system (CNS), so when the stress activates the fight-or-flight, it's suddenly all about survival — not the cheesy nachos you had for lunch. So even though your GI tract is one of the most muscle-strong systems in the body, what's going on in there isn't of critical importance; the CNS can just shut down the blood flow there and reroute it to the vital organs," Hall says.

This means that until the stress is over, your stomach, and therefore digestion, is on hold. Gross!

Move over, tomatoes: Citrus is the new salsa kid on the savoury block

Health Solutions

There's more to potassium than bananas



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

In the summer, fruit incorporated into main meals makes a big splash.

Of course, a handful of berries or a ripe peach is a great snack, but the combination of the tartness of citrus and softness of fresh herbs opens a whole new savoury door.

Bananas get all the attention as foods that are high in potassium, which is needed to regulate blood pressure and muscle cell regulation.

It is best to get potassium from food since it is easy to throw off the electrolyte balance with supplements.

Citrus fruits are also good sources but with about half the carbs of bananas. Too much sugar in the bananas makes them suspect in managing blood sugar.

Plus, citrus can swing both ways from sweet to savoury.

It is suggested that you get at least 4,700 mg of potassium each day.

The sources of potassium are deliciously varied:

- 5 oz fish = 626 mg
- 1 baked potato = 610 mg
- 1 banana = 422 mg
- 1/2 cup beans = 566 mg
- 1/2 avocado = 487 mg
- 1 cup milk = 387 mg
- 3/4 cup yogurt =362 mg
- 1 orange = 237 mg
- 1 lemon = 116 mg
- 1/2 grapefruit = 166 mg
- Lime = 68 mg

What you really want to do is to vary the delivery system and find a whole lot of flavour doing so.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

There is nothing more fresh and light than citrus, and using it in savoury ways is no different. Rather than the usual tedious squeeze of lemon on your fish, try this combo that adds just enough acid to enhance the flavour and loads of vitamin C.

Ingredients

- 1 orange (segmented)
- 1 lime (segmented)
- 1 lemon (segmented)
- 1 grapefruit (segmented)
- 1/2 red onion, sliced thinly
- 1/4 cup honey
- Extra virgin olive oil
- 1 sprig of cilantro, chopped
- Salt and pepper
- 2 fish filets of your choice, lightly seasoned with olive oil, and salt and pepper

1. Toss together orange, lime, lemon, grapefruit, red onions, honey, oil and cilantro. Add salt and pepper. Let sit for about 20 minutes to meld the flavours.

2. Pre-heat a pan over medium heat for 2 minutes. Alternatively, place a piece of foil on the bbq and add a teaspoon of oil.

3. Place fish filet down in pan or on foil for 2 minutes, depending on thickness. Flip once. Serve with citrus salsa.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Smoked salmon adds a sophisticated touch

1. Heat the oven to 425 F.

2. In a medium bowl, toss the potatoes with 1 tablespoon of the olive oil. Season lightly with salt and pepper. Transfer the potatoes to a baking sheet, then roast until tender and lightly browned, 15 to 20 minutes. Transfer the roasted potatoes to a plate and refrigerate just until no longer hot, about 10 minutes.

Ingredients

- 12 oz new potatoes, quartered
- 4 tbsp olive oil, divided
- Salt and ground black pepper
- 1 large or 2 medium bulbs fennel, trimmed
- 1/2 small red onion
- 2 tbsp rice vinegar
- 2 tbsp whole-grain mustard
- 1/2 tsp sugar
- 8 oz cold-smoked salmon
- 1 tbsp lemon juice
- Chopped fresh dill

3. While the potatoes cook and cool, use a mandoline or food processor to shave the fennel as thinly as possible. Do the same with the onion. Set aside.

4. In a large bowl, whisk together the vinegar, 2 tablespoons of the remaining olive oil, the mustard, sugar and a hefty pinch each of salt and pepper. Add the shaved fennel and onion, then toss until well coated. Divide the mixture between 4 serving plates. Top with the cooled potatoes.

5. Divide the salmon into thin slices. In a medium bowl, drizzle the salmon with the remaining 1 tablespoon of olive and the lemon juice. Gently toss to coat, then season with pepper. Mound a quarter of the salmon over each salad, then sprinkle with fresh dill.

THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Dwight Anderson is on his way out of Regina after the Roughriders traded him to the Argonauts on Monday. BRENT JUST/GETTY IMAGES

Roughriders trade away veteran DB

Dwight Anderson. Conditional draft pick given up by Argos for perennial all-star

The Toronto Argonauts have acquired international defensive back Dwight Anderson from the Saskatchewan Roughriders in exchange for a conditional pick in the 2015 CFL Draft.

Anderson has won two Grey Cup championships with Calgary (2008) and Saskatchewan (2013). He has been named a CFL all-star twice and a divisional all-star four times.

In eight CFL seasons with Hamilton, Calgary, Montreal and Saskatchewan, the native of Spanish Town, Jamaica, has amassed 343 defensive tackles, 19 interceptions, four interception return touchdowns, seven fumble recoveries, one sack and 11 special-teams tackles.

"Dwight Anderson is a veteran player who can help our team immediately," Argos general manager Jim Barker said in a statement. "He's a competitor who has won two Grey Cup championships and has been recognized as an all-star on multiple occasions in our league."

Prior to playing in the CFL, Anderson spent time with the St. Louis Rams and the Carolina Panthers of the NFL and the Philadelphia Soul of the AFL. He played in three NFL games for the Rams, amassing five tackles. THE CANADIAN PRESS

Banged-up Argos

The Toronto Argonauts were handed some tough news on the injury front Monday as slotback Andre Durie has a broken clavicle and linebacker Shea Emry has a concussion.

- Durie is expected to be out of the lineup for six weeks. It wasn't immediately clear how long Emry will be out.

Eskimos

Knee injury ends lineman's season

Edmonton Eskimos defensive tackle Don Oramasionwu is out for the rest of the CFL season after suffering a ruptured patellar tendon in his left knee.

In addition, offensive lineman Thaddeus Coleman is out indefinitely with a dislocated right elbow, the team said Monday in a release.

Both players were hurt in Edmonton's 28-24 victory over the Hamilton Tiger-Cats on Friday.

The Eskimos have won their first two games and are tied with Winnipeg for first place in the CFL West Division. THE CANADIAN PRESS

Blue Bombers

Pair of defenders sign extensions

The Winnipeg Blue Bombers have signed linebacker Teague Sherman and defensive tackle Jake Thomas to contract extensions.

Sherman is in his second season with the Blue Bombers. Through 13 games last season, and two so far in 2014, the University of Manitoba product has racked up seven defensive tackles, eight special-teams tackles, and 1.5 blocked punts.

Thomas is in his third season with the Bombers after being selected in the fourth round of the 2012 CFL Draft. He has accumulated one fumble recovery, one forced fumble, one sack and 10 total tackles, including two special-teams tackles through 32 games. THE CANADIAN PRESS

Opening of Tiger-Cats' new digs delayed

Workers put together the frame for the scoreboard on the north end of Tim Hortons Field on Monday in Hamilton. The stadium will not be ready in time for the Tiger-Cats' first two home games. JOHN RENNISON/TORSTAR NEWS SERVICE

The Hamilton Tiger-Cats' new stadium will not be ready in time to host the team's first two home games of the season.

The team confirmed in a release Monday that the games scheduled at Tim Hortons Field July 26 against Ottawa and July 31 against Winnipeg will be moved to McMaster University's Ron Joyce Stadium due to construction delays.

"Today's meeting with Toronto 2015, Infrastructure Ontario, ONSS and the City of Hamilton has made it clear that it would not be possible to safely deliver a game experience that would meet our standards within the current timeframe," Ticats CEO Scott Mitchell said in a release. "As a result, we will now host our first two home games at Ron Joyce Stadium.

"After holding our home pre-season game on campus last month, we know that we can deliver an outstanding entertainment experience at McMaster. In the coming weeks, we will have greater certainty regarding our August 16 game, but the builders remain adamant that Tim Hortons Field will be ready no later than Labour Day." THE CANADIAN PRESS

Waiting for the stadium

- Tim Hortons Field will also serve as a key venue for next year's Toronto Pan Am and Parapan Games.
- The Ticats spent the entirety of last season at the University of Guelph.

Brazil needs new hero with Neymar on shelf

Brazil head coach Luiz Felipe Scolari gestures during a practice at the squad's training complex on Monday in Teresopolis, Brazil. BUDA MENDES/GETTY IMAGES

Germany head coach Joachim Loew looks on during a practice at Estadio Mineirao on Monday in Belo Horizonte, Brazil. MARTIN ROSE/GETTY IMAGES

World Cup semifinals. Home team will have to attack from the back versus Germany without striking power

With Neymar out and Brazil's forwards ineffective throughout the World Cup, it will be up to the team's defenders and midfielders to keep Brazil in contention at the World Cup.

Brazil is having to turn the focus away from its once-mighty attack ahead of the semifinal against Germany on Tuesday, hoping the rest of the team will be able to come through and carry the hosts into the final.

Brazil scored 10 goals in its first five matches, with half of them coming from defenders and midfielders. Neymar scored four, with centre forward Fred finding the net only once. Defenders scored the team's other three goals.

Without any reliable options for the attack, coach Luiz Felipe Scolari is almost certain to replace striker Neymar with a midfielder.

Scolari recently even considered removing Fred from the lineup and adding a third central defender, going back to the 3-5-2 formation that he used when he led Brazil to its fifth world title in 2002.

"We are a team, and a team is not made up only of strikers," Scolari said. "We have a group. When this group wins, everybody wins, regardless of who scores the goals."

Chelsea midfielder Willian is the most likely replacement for Neymar, but in the team's final practice on Monday, Scolari hinted that he may even use three defensive midfielders, with Luiz Gustavo returning to the team after a yellow-card suspension.

"We have good players for the sector where Neymar played," Scolari said. "We have options. I'm confident, I'm not worried."

In addition to the Barcelona star, the coach picked four other strikers for the World Cup: Fred, Bernard, Jo and Hulk.

Fred was supposed to supply the goals, but the Fluminense player struggled from the beginning and has been loudly criticized by fans and local media. His lone goal came in the 4-1 win over Cameroon in the team's final group-stage match. THE ASSOCIATED PRESS

Shorthanded

Brazil hasn't had a star striker since Ronaldo stopped playing after the 2006 World Cup. Luis Fabiano was the team's starter in the 2010 tournament in South Africa.

- In addition to missing Neymar, Scolari also won't be able to count on captain and central defender Thiago Silva because of a yellow-card suspension. Dante, who plays in Germany for Bayern Munich, is almost certain to replace him.
- Silva scored one of Brazil's goals in the 2-1 win over Colombia in the quarterfinals on Friday.

Argentina vs. Netherlands

Messi, Robben to face off in showcase of footy footwork

The World Cup's best dribblers — Lionel Messi and Arjen Robben — face off when Argentina and Netherlands meet in the semifinals.

In Brazil, Robben has been quick, Messi has been quicksilver.

On Wednesday in Sao Paulo, either one could turn the semifinal with a dazzling turn of pace or a weaving run to propel his team to the final.

"We have to cut the supply line to Messi," Dutch defender Bruno Martins Indi told Dutch website Nu.nl.

The Barcelona star led Argentina through the group stage with four goals. He has also made 180 passes in his five matches so far.

The Dutch have shared the goal-scoring duties more evenly — Robben and Robin van Persie each have three, Memphis Depay has two of the team's total of 12 — but the Bayern Munich winger's scintillating sprints with the ball have often been the highlights of Oranje matches.

"We know that we will play against one of the best teams when it comes to counterattacks because of the speed of their men up front," Argentina midfielder Javier Mascherano said. "So we have to take precautions to not give them the possibility to counterattack, to always be well positioned, to not lose balls unnecessarily in areas where there's a lot of risk."

More than Messi

"He's a good player, but we look at the whole team, not one player."

Netherlands goalkeeper Jasper Cillessen

After scoring 10 times in group play, the Netherlands has managed only two goals in its two knockout matches and the Dutch will be hoping captain Van Persie regains his touch in front of goal. He looked off the pace and missed an easy chance near the end of regulation time in the quarter-final against Costa Rica.

The Netherlands will again be without their powerful midfield controller Nigel de Jong, who has a torn groin muscle. A possible replacement, Leroy Fer, is recovering from a hamstring injury and it is not clear if he will be fit for Wednesday's semifinal at the Itaquerao Stadium. THE ASSOCIATED PRESS

Lionel Messi skips over a challenge. MARTIN MEISSNER/THE ASSOCIATED PRESS

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Kittel makes it 2 out of 3 in English leg of Tour de France

Marcel Kittel of Germany and Team Giant-Shimano celebrates as he wins Stage 3 of the Tour de France from Cambridge, England, to London on Monday. Kittel also won the first stage. Monday's race wrapped up the English debut to the 101st Tour edition with Italy's Vincenzo Nibali retaining the overall leader's yellow jersey. Scan the image with the Metro News app for additional photos from Stage 3 of the Tour de France.

DOUG PENSINGER/GETTY IMAGES

Cleveland awaiting LeBron's decision

He's taking his talents to ... Mended relationship between Cavaliers owner and James could clear way for reunion

There was no eye contact, nothing to indicate any reconciliation. The breakup of LeBron James and Cavaliers owner Dan Gilbert was beyond bitter.

But now, as James considers a return to the team he abandoned four years ago with an entire region breathlessly awaiting a homecoming it couldn't imagine in its wildest dreams, it appears there has been some healing between the NBA superstar and his former boss.

Once aligned as basketball partners, James and Gilbert could barely stand the sight of each other during Miami's games in Cleveland in the past four years. It was an intense standoff, awkward and seemingly irreparable.

Time may have fixed their fractured relationship.

Most of the rest of the city has already forgiven James.

Cleveland, without a major sports championship to celebrate in almost 50 years, is praying for a reunion. On Sunday, Cavs fans flocked to social media to feverishly track one of Gilbert's private jets as it flew to Fort Lauderdale, Fla., where the plane's occupants dodged reporters and TV cameras with some deception.

In this Aug. 10, 2013, file photo, LeBron James greets fans while on the way to an interview at his foundation's "I Promise Family Reunion" in Akron, Ohio. PHIL MASTURZO/AKRON BEACON JOURNAL/THE ASSOCIATED PRESS

It's not known if Gilbert was on the jet — or if the trip was even NBA-related — but that didn't douse the free-agency firestorm. As James' decision nears, there's a renewed hope the prodigal son will come home.

But in the backdrop looms the James-Gilbert relationship.

James is giving serious thought to returning to Cleveland, to going home and making amends with the city for the one misstep in an otherwise impeccable NBA career. Tuesday is the four-year anniversary of announcing he was "taking my talents to South Beach" and the city is once again on hold. James is set to meet with Heat president Pat Riley, who was able to lure the four-time league MVP to Miami in 2010 but could be running out of time to convince him to stay.

Two people familiar with the situation said James will meet with Riley "in the next two or three days." The people spoke to The Associated Press on condition of anonymity because neither the team nor James announced their plans publicly.

James holds all the cards. It's his choice.

It was the same four years ago, when James ended his seven-year run in Cleveland by linking with all-stars Dwyane Wade and Chris Bosh. The "Big 3" went on to win two titles and went to four straight NBA Finals, getting crushed by San Antonio this year.

The trio could be splitting up. Wade and Bosh have been waiting to see what James will do, and it's possible he's going to go it alone.

THE ASSOCIATED PRESS

Heat adding new faces

The Heat announced Monday that they intend to sign forwards Danny Granger and Josh McRoberts when the NBA's moratorium on deals being formally struck ends later this week.

- Granger has agreed to sign a two-year deal, with an option for the second of those seasons. McRoberts agreed to a four-year contract, the last year also being an option.

NHL. Senators GM Murray diagnosed with cancer

Ottawa Senators general manager and president of hockey operations Bryan Murray has been diagnosed with cancer.

The team confirmed the diagnosis Monday in a statement on its website.

"Mr. Murray is undergoing further testing and will begin treatment immediately for this condition as prescribed by the team's doctors in collaboration with specialists," the statement read.

"Mr. Murray's treatment schedule may require him to be away from the Senators office periodically. During his periodic absence, assistant general managers Pierre Dorion and Randy Lee will be responsible for managing the Ottawa Senators hockey operations department.

Senators general manager Bryan Murray THE CANADIAN PRESS

"On behalf of the entire Senators family, the team is asking that the thoughts, prayers and support of the entire hockey community are with Bryan and his family."

Murray, 71, has been with the Senators since June 2004.

THE CANADIAN PRESS

MLB

Encarnacion starts DL stint

The Toronto Blue Jays placed slugger Edwin Encarnacion on the 15-day disabled list with a right quadriceps strain and activated outfielder Nolan Reimold before Monday night's road game against the Los Angeles Angels.

Encarnacion, who has 26 home runs and 70 RBIs, suffered the injury while legging out a grounder on Saturday. THE CANADIAN PRESS

Tennis

Raonic, Bouchard rise in rankings

Milos Raonic rose three spots to No. 6 in the ATP men's tennis rankings, while fellow Canadian Eugenie Bouchard also reached a career high as she moved up six spots to No. 7 on the women's WTA list.

Wimbledon doubles champion Vasek Pospisil of Vancouver also made a jumped from No. 94 to No. 33 in the men's doubles rankings. THE CANADIAN PRESS

NFL. Judge OKs concussion settlement involving thousands of ex-players

A federal judge on Monday granted preliminary approval to a landmark deal that would compensate thousands of former NFL players for concussion-related claims.

The ruling by U.S. District Judge Anita Brody in Philadelphia came about two weeks after the NFL agreed to remove a $675-million cap on damages. Brody had previously questioned whether that would be enough money to pay all claims.

"A class action settlement that offers prompt relief is superior to the likely alternative — years of expensive, difficult, and uncertain litigation, with no assurance of recovery, while retired players' physical and mental conditions continue to deteriorate," Brody wrote.

More than 4,500 former players have filed suit, some accusing the league of fraud for its handling of concussions. They include former Dallas Cowboys running back Tony Dorsett and Super Bowl-winning Chicago Bears quarterback Jim McMahon, who suffers from dementia.

THE ASSOCIATED PRESS

Future coverage

65

The settlement is designed to last at least 65 years and give $1 million or more to retirees who develop Lou Gehrig's disease and other profound neurological problems.

AUGMENTED REALITY

Stuck on 14 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You know fate is what you make of it and today you are determined to make of it something grand. The future? Bring it on!

♉ Taurus
April 21 - May 21
The planets indicate the right time for making your mark on the world is now. Don't wait to be asked — elbow your way to the front and just do it.

♊ Gemini
May 22 - June 21
It may be tempting to neglect certain responsibilities but others are watching you closely. If you cut corners it won't do your reputation a lot of good. Make an effort.

♋ Cancer
June 22 - July 23
It's the best time of the year for you. Even a setback of some kind today won't wipe the smile from your face. You know every setback brings a new opportunity.

♌ Leo
July 24 - Aug. 23
The Sun's transit of the most sensitive area of your chart is to blame if you just can't face the world at the moment. That's OK – you don't have to.

♍ Virgo
Aug. 24 - Sept. 23
You will have to be firm with someone today but you will also let them know that if they stick with you they will get their fair share of the glory.

♎ Libra
Sept. 24 - Oct. 23
You seem to be in a bit of a slump. You're an ideas person, so think of ways to boost your productivity.

♏ Scorpio
Oct. 24 - Nov. 22
Today's link-up between the Sun and Uranus means you won't hesitate to strike out in a new direction. Life is too short for not taking chances.

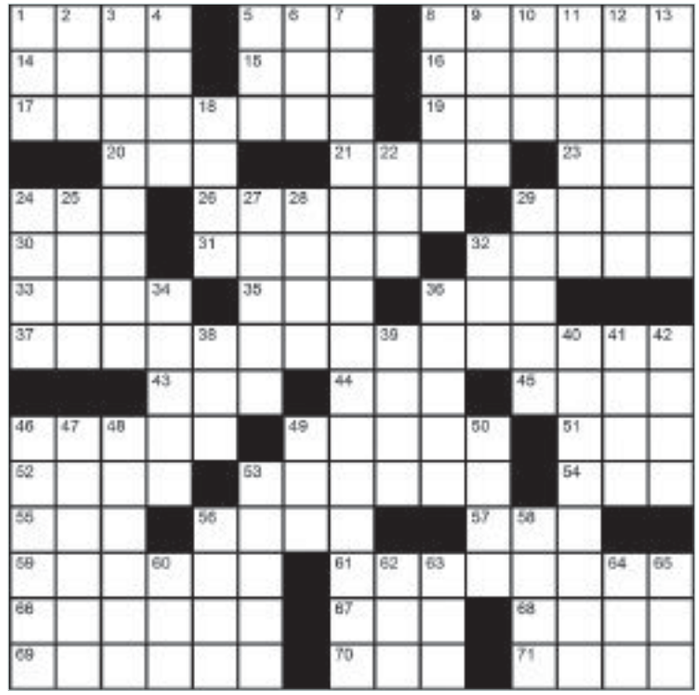
♐ Sagittarius
Nov. 23 - Dec. 21
Listen to what friends and family members have to tell you over the next 24 hours and, if their advice sounds good, act on it. Don't let your ego get in the way.

♑ Capricorn
Dec. 22 - Jan. 20
You like to take your time with new ideas but if you do that today you could miss out. The first idea that comes into your head is the one you must follow, no matter how silly it might seem to begin with.

♒ Aquarius
Jan. 21 - Feb. 19
Today's link between the Sun and your ruling planet Uranus will give you the impetus you need to change those areas where you are still not happy with your performance.

♓ Pisces
Feb. 20 - March 20
You need to get your act together and get something started today. Don't be afraid of change — change is your friend and ally.

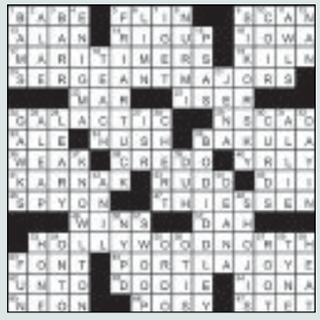
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. 1995 Shania Twain album: 'The Woman __ __'
5. Juice: French
8. Royal __ (Canadian real estate company)
14. Study hard
15. The Col.'s eatery
16. Fishing nets
17. Ramin __ (Canadian singer/stage star)
19. Became quite warm: 2 wds.
20. Athens' country, to the IOC
21. Bout enders, e.g.
23. 'Excess' suffix
24. California baseball team [acronym]
26. Composer Mr. Mahler
29. Take flight
30. Airport sched. word
31. Garden dweller
32. Boos!
33. Meaningful
35. Belonging to Memphis' li'l state
36. Cole Porter's "__ __ Clown"
37. #59-Across can be worn as one: 3 wds.
43. Ms. McGillis, briefly
44. Can
45. Shredded cabbage
46. Celebrate
49. Treaty of __ (War of 1812 finisher)
51. Disney deer
52. Grimace
53. Silk-spinner
54. '_' __ in Xylophone
55. "__ Pat" (1994)
56. 7th Greek letters
57. Calgary's prov.
59. LBD = __ Black Dress
61. Banff National Park: Valley of the __ __
66. Tchaikovsky's Symphony No. 5 key, __ __
67. Virgo's predecessor
68. Fox musical dramedy
69. Submitted by post: 2 wds.
70. Ums...
71. Hip poetry event

Down
1. "Eeew."
2. Firearms org.
3. Queen Elizabeth's younger sister
4. Title in Turkey
5. Alphabetic trio
6. ET's ride
7. One of the four floral emblems on The Arms of Canada: 2 wds.
8. __. __. (Provincial representative)
9. Greek Myth: God of love
10. Butter portion
11. For some time
12. Shelly __ (Canada's Heritage Minister)
13. Makeup maven Ms. Lauder's
18. Ms. Ryan's
22. Mr. Penn
24. Cheryl of "Charlie's Angels"
25. Region
27. Up to
28. Crooned
29. Achievements
32. Game: French
34. Orange __ (Tea)
36. Good luck! = __ chance!
38. Napoleonic Wars marshal
39. Linked
40. __ Technology, as per Gillette's new ProGlide razor
41. Collector's suffix
42. Shakespearean word
46. Actor Mr. Hirsch's
47. Guess Who song: 2 wds.
48. Canuck singer Mr. Bieber
49. 4.0, e.g.
50. Snare
53. "America's Got Talent" judge Howard
56. H.G. Wells people
58. Table holders
60. AC/DC song
62. 'Racket' suffix
63. Refusals
64. New Zealand parrot
65. School yr. part

Yesterday's Crossword



Online
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5					9	
7	3						5	6
		2	8			7	3	
6				8	3		2	
				1				
	8		9	4				5
	9	4			1	3		
3	2						8	9
	7					1		

Yesterday's Sudoku

2	6	9	7	3	1	5	4	8
1	5	4	6	9	8	7	2	3
8	3	7	5	4	2	6	9	1
4	2	3	1	5	7	8	6	9
7	8	1	4	6	9	2	3	5
6	9	5	8	2	3	4	1	7
5	1	2	9	7	4	3	8	6
9	4	6	3	8	5	1	7	2
3	7	8	2	1	6	9	5	4

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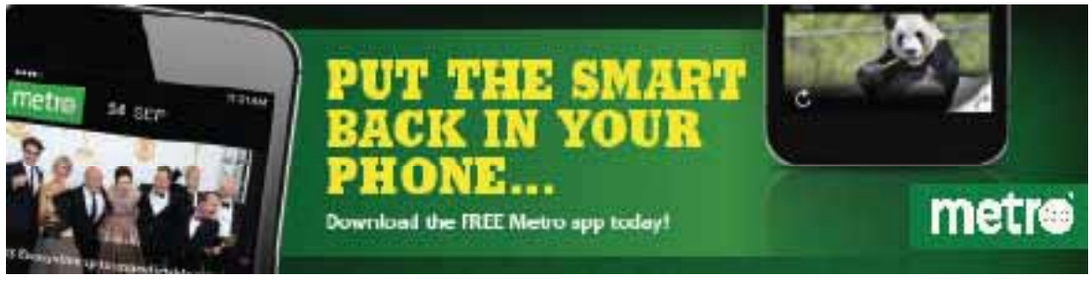


‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

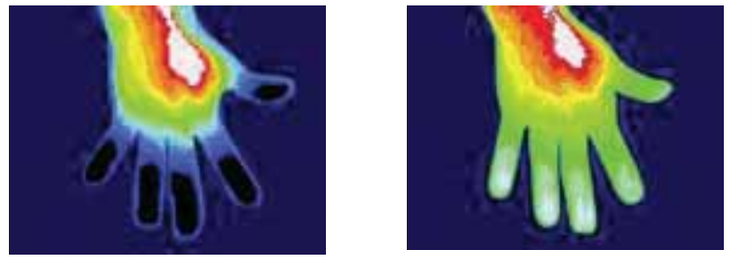
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

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CLINICALLY SHOWN TO HELP YOUR BODY:

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- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
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